

## **Basketball Skills We Focus on Teaching Our Students**

### **I. Lay-ups:**

#### **A. Checkpoints**

1. Proper angle
2. Head up
3. Dribble with outside hand
4. Show the players where to take off from
5. High jump off inside foot ... don't broad jump
6. Shoot ball high off the board

#### **B. Drills**

1. Right hand
2. Left hand
3. Down the middle
4. Always use the backboard at an early age
5. Shoot at basket without ball, Check players form & mechanics
6. Full court shooting - at every mark (foul lines, half court) player can go off foot and emulate a shot

### **II. Rebounding:**

#### **A. Checkpoints – boxing out**

1. Find your person, or person in your area
2. Pivot to seal off, get body contact
3. Hands up, elbows wide to catch ball
4. Go after ball, be aggressive

#### **B. Drills**

1. Rebound off board & outlet pass
2. Set up on defense, box out and keep out
3. Foul line. Wait till ball hits rim., teach duties to all players

### **III. Shooting**

#### **A. Checkpoint**

1. Balance – feet shoulder width apart and one foot slightly in front of the other.
2. Shooting Hand – fingertips spread and ball does not touch the palm
3. Shooting Arm – elbow in and form an L
4. Non Shooting Hand – thumbs form a T and release it high
5. Follow Through – reach for the top of the basket
6. Use your legs for power

#### **B. Other points of emphasis**

1. Always square your shoulders to the target
2. Aim over the near rim or at a spot on the backboard

3. Pivot off your inside foot
4. Warm up slowly from close in and gradually move out
5. Know your range
6. Don't dip the ball or put the ball on the ground after catching pass

#### C. Drills

1. Shooting off the pass – pivot off correct foot, inside foot
2. Shooting off the dribble
3. Free Throws

### IV Individual Man to Man Defense

#### A. Checkpoints – Stance

1. Feet shoulder width apart
2. Drop your backside to get lower
3. Back relatively straight
4. Palms and head up

#### B. Checkpoints – Slides

1. Don't cross feet
2. Don't hop
3. Step with foot closest to direction you are moving
4. Slide with other foot

#### C. Drills

1. Defensive slides left, right, forward and backward
2. Drop step
3. Advance, retreat to basket and open to player
4. Set up on ball side - determine right and left hand players
5. Stop ball first

### V. Team Defense

#### A. If guarding the person with the ball employ the concepts noted

1. If (Individual Man to Man Defense Fundamental)
2. Guarding the person one pass away, deny the pass
3. Guarding the person more than one pass away "help" defense

### VI. Ball Handling Checkpoints

#### A. Checkpoints

1. Head up
2. Protect the ball (use protect arm)
3. Be quick, but don't hurry

#### B. Moves

1. Low driving dribble
2. High speed dribble
3. Crossover dribble
4. Stop and go

5. Spin dribble
6. Dribble behind the back
7. Dribble between the legs

C. Drills

1. Full court dribbling (with or without a defender)
2. End up with lay up or jump shot (if basket is available)

VII. Passing Checkpoints

A. Checkpoint

1. Backspin
2. Roll thumbs through the ball
3. Step to pass and step to meet the pass

B. Passes

1. Chest
2. Bounce
3. Fake up, pass down
4. Fake down, pass up

C. Drills

1. Simply work on all of the passes either with a partner or off a wall

VIII. Offensive Stationary Moves

A. Checkpoints

1. Always catch the ball in triple threat position
2. 6 inch jab step
3. Cross over protect ball

B. Moves

1. Strong side drive
2. Weak side drive
3. Jab step into jump shot

C. Drills

- Catch, triple threat, make a move, repeat.

IX. Ball Handling Fundamentals

A. Dribbling

1. Hand / Eye coordination
2. Fingertip control
3. Build up wrist and forearm strength
4. Develop off hand

B. Checkpoints

1. Be quick, but don't hurry
2. Start slow and gradually increase speed
3. Don't look at the ball, keep head up, see the floor

C. Drills:

1. Pound the ball

2. Fingertip control drill
3. Pass around midsection
4. Single leg circles
5. Double leg circles
6. Figure 8
7. Dribbling on knee or sitting down
8. Dribbling with 2 balls

X. Screen (Pick) and Roll – Offense

- A. How to set a legal screen
- B. How to use a screen (player with ball)
- C. How to roll to the basket and when to roll